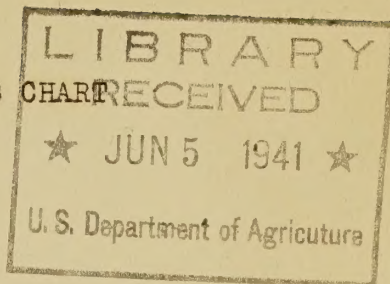


to cat.  
364212

Distributed by the Extension Service,  
U. S. Department of Agriculture.

NOTES ON THE USE OF DRIED HERBS TO ACCOMPANY HERB



1.913  
N3N84  
Reserve

By Helen Clark Phillips  
246 West Eleventh Street  
New York City 1/

In a bouquet garni. When a recipe calls for a bouquet garni, it means that the soup or stew is to be flavored with a combination of herbs, but that no trace of the herb is to appear in the finished dish. The easiest way to do this is to tie the herbs in a small cheesecloth bag. Although the usual combination is a bayleaf, a few thyme leaves and parsley, it is possible to make varied combinations with two or three of the sweet herbs such as basil, marjoram, rosemary, savory, thyme, and bay. A few peppercorns or coriander seeds may be included.

In fines herbes. When a recipe calls for fines herbes, it means that flecks of herbs will appear throughout the dish. If the leaves of your chosen herbs are small enough, they may be scattered as is over the roasting meat, in chopped meat, in sauces and in various egg concoctions. If the herb leaves are too large, they may be freshened in hot water, drained, and chopped.

When a bouquet garni is used, the herbs are usually given enough time during the cooking of the soup, the stew, or the sauce to flavor it well. But with fines herbes it is advisable to steep the herbs in one of the ingredients to be used. In scrambled eggs, for example, heat the herbs first in the cream so that the flavor becomes fuller. In a butter sauce for fish or meat, let the herb become well acquainted with the melted butter before serving. This is likewise true in mayonnaise and French dressings and in mixing fresh chives or sage or a combination of sweet herbs in cottage cheese.

Herbs combine happily with chives and shallots, even with onion and garlic. Use whatever your recipe calls for, edited always by the degree of adventure in your taste-buds. Sometimes the juice or peel of a lemon brings out the flavor of an herb.

Many culinary herbs have been omitted in the chart. Chives and parsley can usually be bought fresh and are frequently used in combination with other herbs. Burnet, dill, fennel, lavender, sassafras, and saffron have limited uses. Burnet, dill, and fennel are used to flavor salads, and the latter two in various fish sauces. Dill combines well with beets as in the Russian soup bortsch, and with cucumbers, fresh and pickled. Fennel has a decided anise flavor, and its roots are eaten raw or cooked as a vegetable. Sassafras leaves form the base of the file powder which is essential for all gumbos, and saffron colors many rice dishes, like the Italian risottos.

Refer to the Herb Chart for suggestions, then do your own experimenting, always with restraint.

1/ These copyrighted notes are duplicated for distribution to Extension workers with Mrs. Phillips' permission. They apply to the use of dried herbs.

364212

JAN 6 - 1943

1.913  
N3N84  
Reserve



